



**Alex 4th, 5th and 6th grade invitational  
April 11th, 2023  
4th/5th/6th Division**

**Coaches meeting: 9:00 am  
Field Events: 9:30 am  
Running Events: 10:00 am**

**Track coaches:** On behalf of the Alex Public School system, we would like to extend an invitation to you to the annual Alex 4th, 5th and 6th grade invitational on Tuesday April 11, 2023 starting at 9:00 am.

**Entry fees:** \$25 per division  
\$150 for all divisions  
Make checks payable to Alex Public Schools

**Awards:** Medals to the top 3 in each event.

**Contestants:** Each school may enter 3 contestants per event and 1 relay. Athletes may enter 4 events.

**Divisions:** 4th girls, 4th boys, 5th girls, 5th boys, 6th girls, 6th boys

**Timed Finals:** All events

**Track:** 8 lane all wether surface. Short spikes only.

**Parking:** Buses park on east side of football field.

**Facilities:** Concession provided. Hospitality for coaches. No dressing rooms.

Send checks to: Alex Public Schools  
PO BOX 188  
Alex, OK 73002  
Email: [ibyrne@alex.k12.ok.us](mailto:ibyrne@alex.k12.ok.us)  
Cell: 405-974-1742



### Schedule of Events

**9:00 am** Coaches Meeting

<b>9:30 am</b>	<b>Field Events</b>	<b>3 throws, 3 jumps, no finals</b>
	High Jump	4th girls, 4th boys, 5th girls, 5th boys, 6th girls, 6th boys
	Long Jump	4th boys, 4th girls, 5th boys, 5th girls, 6th boys, 6th girls
	Shot Put	6th girls, 6th boys, 5th girls, 5th boys
	Discus	5th girls, 5th boys, 6th girls, 6th boys
	Softball Throw	4th girls, 4th boys

<b>10:00 am</b>	<b>Running Events</b>	
	Order:	4th girls, 4th boys, 5th girls, 5th boys, 6th girls, 6th boys
	400 Meter Relay	
	800 Meter Relay	
	60 Meter Hurdles	4th girls, 4th boys
	100 Meter Hurdles	5th girls, 5th boys, 6th girls, 6th boys
	100 Meter Dash	
	400 Meter Run	
	200 Meter Dash	
	1600 Meter Relay	

**NO TEAM CAMPS ON THE FIELD**

**OSSAA RULES APPLY**